Amendments to the Claims:

1-18 (cancelled)

19. (new) A method of constructing a light shielding article, said method comprising the steps of providing at least one thin element defining at least one light absorbing surface and at least one light reflecting mirror surface, said light absorbing surface being spaced from and facing said light reflecting mirror surface, providing a transparent material between said surfaces, said transparent material being in contact with the respective said surfaces and defining between said surfaces, a passageway for the passage of light.

20. (new) A method as claimed in claim 1 wherein said at least one element comprises at least one pair of spaced apart elements, one said element of said pair having said light absorbing surface and the other said element of said pair having said light reflective mirror surface.

21. (new) A method as claimed in claim 20 wherein said at least one element comprises a plurality of spaced apart said elements having said transparent material between respective said elements to define a plurality of juxtaposed said passageways.

22. (new) A method as claimed in claim 20 wherein said pair of planar comprise thin planar elements having a pair of opposite planar surfaces.

23. (new) A method as claimed in claim 20 wherein said element comprises a spiral strip element having a light absorbing surface and a light reflective mirror surface on opposite sides thereof.

24. (new) A method as claimed in claim 20 wherein said light absorbent surface comprises a light absorbent black surface.

25. (new) A method as claimed in claim 24 wherein said light absorbent black surface and said transparent material have a common refractive index to prevent specular reflections between the junctions thereof.

26. (new) A light shielding article having at least one thin element defining at least one light absorbing surface and at least one light reflecting mirror surface, said light absorbing surface being spaced from and facing said light reflecting mirror surface, and a transparent material between said surfaces, said transparent material being in contact with the respective said surfaces and defining between said surfaces, a passageway for the passage of light.

27. (new) A light shielding article as claimed in claim 26 wherein said at least one element comprises at least one pair of spaced apart elements, one said element of said pair having said light absorbing surface and the other said element of said pair having said light reflective mirror surface.

28. (new) A light shielding article as claimed in claim 26 wherein said at least one element comprises a plurality of spaced apart said elements having said transparent material between respective said elements to define a plurality of juxtaposed said passageways.

29. (new) A light shielding article as claimed in claim 27 wherein said pair of elements comprise thin planar elements having a pair of opposite planar surfaces.

30. (new) A light shielding article as claimed in claim 26 wherein said element comprises a spiral strip element having a light absorbing surface and a light reflective mirror surface on opposite sides thereof.

31. (new) A light shielding article as claimed in claim 26 wherein said light absorbent surface comprises a light absorbent black surface.

32. (new) A light shielding article as claimed in claim 31 wherein said light absorbent black surface and said transparent material have a common refractive index to prevent specular reflections between the junction thereof.

33. (new) A light shielding article as claimed in claim 26, said light shielding article being adapted for observing a scene or subject matter therethrough externally of said article and within the normal field of view of an observer, said shielding article comprising a panel adapted to be supported in a substantially vertical attitude and having a first section comprising a plurality of substantially parallel substantially planar said thin elements and transparent material between respective pairs of said thin elements to define a series of juxtaposed passageways through said shielding article which allowing the transmission of light therethrough, each said element having and upper and lower surfaces comprising said light reflective and light absorbent surface respectively, said light reflecting surfaces being adapted to reflect external light away from said observer.

34. (new) A light shielding article as claimed in claim 33 wherein said panel includes a second section below said first section, said second section comprising a transparent material permitting observation of said scene or subject matter through said panel.

35. (new) A light shielding article as claimed in claim 34 wherein said second section further comprise a plurality of thin planar substantially parallel elements, said elements having opposite surfaces of a light absorbent material.

36. (new) A light shielding article as claimed in claim 26 for controlling the passage of light from an artificial light source, said shielding article being adapted to be positioned between said light source and an observer, said article including said at least one said element defining said light absorbent surface and light reflecting mirror surface, said light absorbent surface being positioned in use relative to said light reflecting mirror surface and to said light source and said observer such as to prevent observation of said light source in the normal field of view of said observer and to permit said observer to observe directly said light absorbent surface or a reflection through said light reflecting mirror surface of said light absorbent surface.

37. (new) A light shielding article as claimed in claim 36 wherein said light absorbent surface comprises a black surface.

38. (new) A light shielding article as claimed in claim 36 wherein said light shielding article is adapted for use with a fluorescent lamp and includes a plurality of longitudinal said elements and a plurality of transverse said elements intersecting said longitudinal elements.

39. (new) A light shielding article as claimed in claim 38 wherein said transverse elements extend relative to the longitudinal elements to form a plurality of open-ended cells of equilateral triangular cross section.

40. (new) A light shielding article as claimed in claim 39 wherein the inner surfaces of each said equilateral triangular cell comprise a pair of light reflective mirror surfaces and a light absorbent surface.

41. (new) A light shielding article as claimed in claim 38 wherein said transverse elements extend substantially at right angles to the longitudinal elements to form a plurality of open ended cells of square or rectangular cross section.

42. (new) A light shielding article as claimed in claim 41 wherein the inner surfaces of each said square or rectangular cell comprise a pair of adjacent light absorbent surfaces and a pair of adjacent light reflective surfaces.

43. (new) A light shielding article as claimed in claim 36 and wherein said elements comprise a plurality of frustonconical elements adapted to surround said artificial light source, each said frustoconcial element having an upper and lower surface, said upper surface comprising said light absorbent surface and said lower surface comprising said light reflective mirror surface.